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**DON'T WAIT UNTIL IT'S
TOO LATE –
TAKE QUAKE
PREPAREDNESS STEPS
NOW TO PROTECT
YOUR FAMILY**

Top seismic experts recently revised their California quake predictions, warning residents that major earthquakes may occur much sooner and with greater force than previously believed. No one wants to think about experiencing a major earthquake, but all Californians must be fully prepared for one to strike.

After a major quake, public safety officials will be overwhelmed with requests for help -- which will make it difficult for them to assist all but the most severely devastated areas. With waiting times for assistance stretching up to 72 hours or more it will be critical for residents to be prepared to safely survive the initial days after a quake without outside help.

This brochure provides important information on steps you can take before, during and after a quake to protect yourself, your family and your home.



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for more information:

The California Office of Emergency Services (OES)
has a wide variety of information on earthquake
safety including:

- * Community Earthquake Planning Guide *
- * Planning Guide for Seniors *
- * How to Add Foundation Bolts *
- * How to Sheath Cripple Walls *
- * Strapping Your Water Heater *
- * Securing Furniture *

**BEFORE,
DURING
& AFTER A
QUAKE**

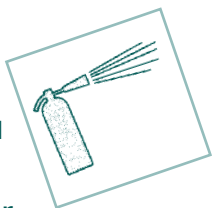
TIPS ON:

- **PREPARATION**
- **HOW TO BEST
SURVIVE A QUAKE**
- **WHAT TO CHECK
WHEN IT'S OVER**

BEFORE THE QUAKE...

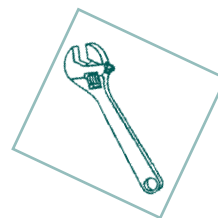
DEVELOP A FAMILY EARTHQUAKE PLAN

- Decide how and where your family will reunite if separated.
- Select an out-of-state friend or relative who separated family members can call after the quake to report their location and condition.
- Know the safe spots in each room: under sturdy tables, desks or against inside walls.
- Know the dangerous areas: windows, mirrors, hanging objects, fireplaces and tall, unsecured furniture.
- Practice earthquake drills with children so they'll immediately know what to do if a quake strikes.
- Keep a pair of sturdy shoes and a flashlight near each family member's bed.
- Learn first aid and CPR from your local Red Cross or other organization.
- Learn how to shut off gas, water and electricity in case lines are damaged.
(Note: Do not attempt to re-light gas pilots. Call the utility company.)



STORE EMERGENCY SUPPLIES

- An easily accessible fire extinguisher.
- A well-stocked first aid kit.
- A crescent or pipe wrench to turn off gas and water valves if needed.
- Several flashlights throughout the house and extra batteries.
- Several gallons of water for each person.
- A portable radio and extra batteries.
- One-week supply of dry and canned foods for each person.
- Blankets, clothing and shoes -- including shoes suitable for walking through debris.



MAKE YOUR HOME SAFER



- Check chimneys, roof, walls and foundation for stability.
- Make sure house is bolted to its foundation.
- Secure water heater and appliances that could move enough to break utility lines.
- Keep breakables and heavy objects on bottom shelves.
- Secure heavy tall furniture that could tip over.
- Secure hanging plants and heavy picture frames or mirrors -- especially over beds.
- Put latches on cabinet doors to keep them closed during shaking.
- Keep flammable or hazardous liquids in cabinets or secured on lower shelves.

WHEN THE GROUND STARTS TO SHAKE . . .

INDOORS

If you're indoors, stay there and get under a desk or table or stand in a corner. Practice the duck, cover and hold technique shown below so you'll immediately know what to do during an earthquake. If you're in a high-rise building, stay away from windows and outside walls. Get under a table. Do not use elevators.

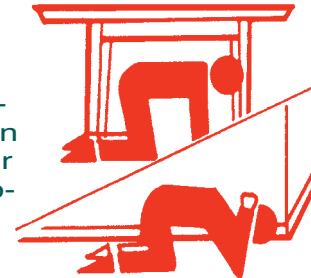
DUCK

DUCK, or drop down to the floor.



COVER

Take COVER under a sturdy desk, table, or other furniture. If that is not possible, seek COVER against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture.



HOLD

If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safe to move.



If you're in a wheelchair, stay in it. Move to cover, if possible, and lock your wheels. Protect your head with your arms.

IN BED

If you're in bed when a quake strikes – and if the ground is not shaking hard enough to prevent you from walking – move under a strong desk or table. If the ground is shaking too hard for you to move, remain in bed and cover your head with your hands and arms.

IN THE CAR

Pull over to the side of the road and stop. Avoid overpasses and power lines. Stay inside until shaking is over.

OUTDOORS

Get into an open area away from trees, buildings, walls and power lines.

If you're on a sidewalk near buildings, duck into a doorway to protect yourself from falling bricks, glass, plaster, and other debris.

AFTER THE QUAKE . . .

CHECK FOR INJURIES

- Apply first aid.
- Do not move seriously injured individuals unless they are in immediate danger.

CHECK FOR DAMAGE

- Hunt for hazards.
- Check for gas and water leaks, broken electrical wiring or sewage lines. If there is damage, turn utility off at the source.
- Check building for cracks and damage, including roof, chimneys and foundation.
- If you evacuate, post a message inside to let family members know where you've gone.

KEEP LINES OF COMMUNICATION AND ROADWAYS OPEN

- Do not use the telephone immediately unless there is a serious injury or fire.
- Do not use your vehicle unless there is an emergency. Keep the streets clear for emergency vehicles.
- Turn your portable radio on for instructions and news reports.

STAY ALERT

- Be prepared for aftershocks.
- Remain calm and help others in your area.

